CALGARY metro®

NEWS WORTH SHARING.

Get a sizzling kitchen reno from just $40k.

Call for a free in-home consultation. 403.258.1511

CARDEL RENOS

CARDELHOMES.COM

'They shouldn't have put the dog down'

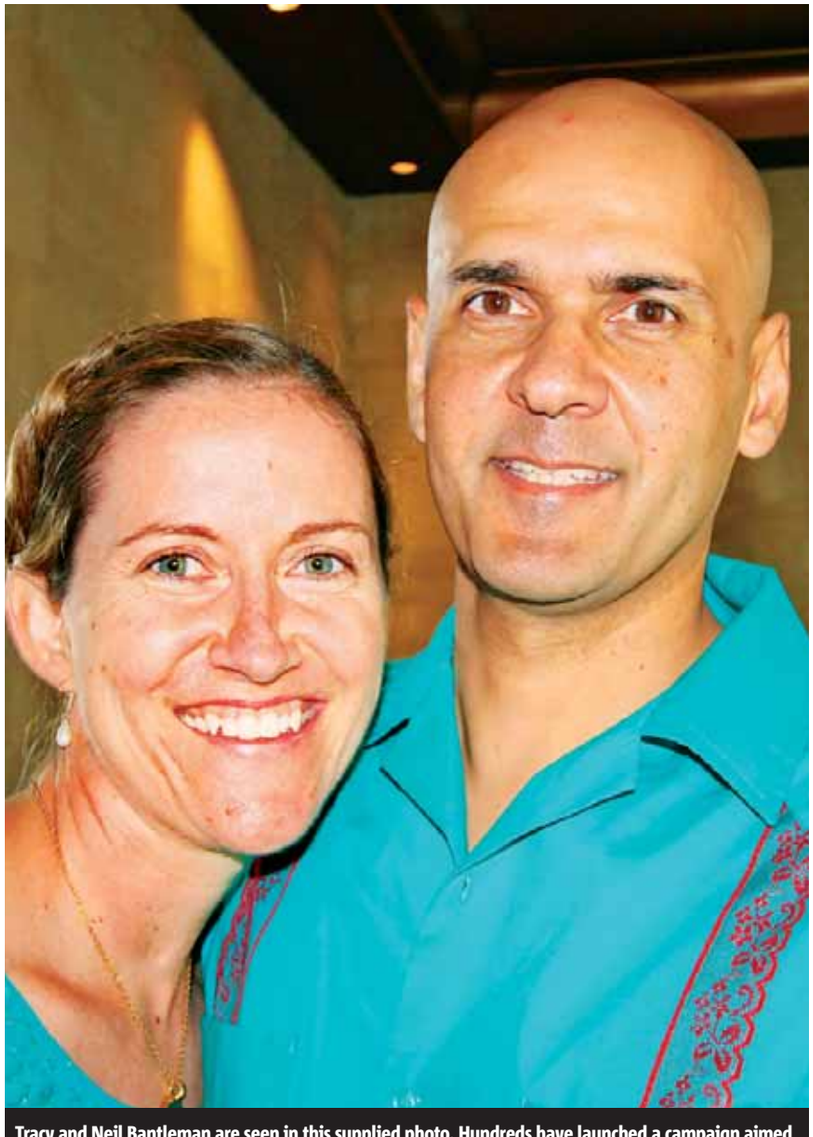
Bite victim's family says canine that inflicted grisly injury should've been spared PAGE 3

Separatists take control of crash site

Bodies recovered from downed Malaysia Airlines Flight 17 moved away by rebels in Ukraine PAGE 6

INSIDE GAZA'S SHIFA HOSPITAL

DOCTORS MAKE GUT-WRENCHING DECISIONS AS SOME OF THOSE SERIOUSLY INJURED BY ISRAELI FIRE ARRIVE IN WAVES PAGE 8



Tracy and Neil Bantleman are seen in this supplied photo. Hundreds have launched a campaign aimed at freeing Neil, a former Calgary teacher who's been named a prime suspect in the sexual assaults of kindergarten-aged students at a reputable school in Indonesia. COURTESY TRACY BANTLEMAN

Wife pleads for teacher's release from Indonesia jail

'Horrific allegation'. Ex-Webber Academy teacher accused of student sexual abuse

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Hundreds have launched a campaign aimed at freeing a former Calgary teacher who's been named a prime suspect in the sexual assaults of kindergarten-aged students at a reputable Indonesia school.

Neil Bantleman was taken into custody last Tuesday after hours of questioning by police in the Indonesian capital of Jakarta.

He previously taught for a decade at Calgary's Webber Academy and met his wife Tracy Bantleman, also a teacher, during that time. The two had shared dreams of instructing internationally and moved out of the country in 2007.

This past school year, they had both been working at the Jakarta International School, which has been embroiled in two horrifying cases where students claimed they were sexually assaulted.

Last week, police officially named Bantleman and colleague Ferdinand Tijond as suspects. Reached Sunday by phone in Jakarta, Tracy said neither she nor her husband has been formally presented with any evidence.

It's believed police are relying on the testimony from the victimized student and a peer, but Tracy said there is no doubt in her mind and those of her husband's peers, former students and friends that he is innocent.

"This type of allegation against a teacher is the most horrific allegation," she said. "Not only professionally is it damaging … but more importantly to your personal character."

Indonesian law allows police to hold suspects for up to 30 days without laying charges.

Back at home, hundreds have rallied around the Bantlemans, launching a letter campaign to Canadian Embassy officials. The "Free Neil Bantleman & Ferdi Tijond" Facebook page had been supported by more than 1,400 as of Sunday evening.

"It's just awful," said an emotional Courtney Chaisson during an interview Sunday. She was taught by Bantleman for years at Webber and said he even flew back from Singapore to attend her class graduation ceremony.

"Everyone's writing letters and doing what they can," Chaisson said. "We're just hoping that it helps."

John Babcock, a spokesman for Canada's Foreign Affairs ministry, said officials were aware of a citizen being detained in Indonesia, but couldn't identify that person as Bantleman, citing privacy reasons.

"Consular officials are engaged with local authorities to gather additional information," Babcock said in an email.

CMP PRE-OWNED SPECIAL

2014 CHEVROLET SUBURBAN

OWN IT FOR ONLY: **$42,749**

OR FINANCE FOR: **$135WK** 4.99% FOR 96 MTH

4X4, 5.3L, BACKUP CAMERA, LOW KM

ONLY 6 SUBURBANS LEFT IN STOCK!

CGE3638A

FORGET THE MINIVAN!

Summer FAMILY HAULERS — IS HERE! —

only at CMP GM CHEVROLET Cadillac BUICK GMC

2014 GMC YUKON XL

OWN IT FOR ONLY: **$49,995**

OR FINANCE FOR: **$157WK** 4.99% FOR 96 MTH

4X4, 5.3L, LEATHER, SUNROOF, CAM

ONLY 7 YUKON XLS LEFT IN STOCK!

CGA4988A

TRY OUR SERVICE DEPARTMENT! Certified Service

Summer SERVICE SPECIALS

CALL TO BOOK! 403-930-1543

Summer CHECKUP

DEXOS OIL CHANGE & MULTIPOINT VEHICLE INSPECTION +$39.95 FOR DIESEL

$145.95 RETAIL: $165.25

CMP GM CHEVROLET Cadillac BUICK GMC

1313 36 St. NE, Calgary, AB, T2A 6P9

AMVIC LICENSED

BEST MANAGED COMPANIES CANADA'S

CERTIFIED PRE-OWNED

403-930-1634

CMPAUTO.COM

REBUILD YOUR CREDIT

BANKRUPTCY I DIVORCE I NO CREDIT
NEW CREDIT I NEW TO CANADA
100% APPROVAL RATING
403.207.1041
CALGARYAUTOFINANCING.COM

CHEVROLET BUICK GMC Cadillac CMP GM

PRICES DO NOT INCLUDE GST. * VEHICLE PAYMENTS ARE O.A.C. AT 4.99% FOR 84 MTHS. COST OF CREDIT IS $5,333. AND TOTAL OBLIGATION INCLUDING TAXES IS $34,054. *2 VEHICLE PAYMENTS ARE O.A.C. AT 4.99% FOR 84 MTHS. COST OF CREDIT IS $6,523. AND TOTAL OBLIGATION INCLUDING TAXES IS $41,649. *3 VEHICLE PAYMENTS ARE O.A.C. AT 4.99% FOR 84 MTHS. COST OF CREDIT IS $4,943. AND TOTAL OBLIGATION INCLUDING TAXES IS $31,564. *4 VEHICLE PAYMENTS ARE O.A.C. AT 4.99% FOR 84 MTHS. COST OF CREDIT IS $5,528. AND TOTAL OBLIGATION INCLUDING TAXES IS $35,298. ERRORS AND OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN. DEALER RESERVES THE RIGHT TO END PROMOTIONS WITHOUT NOTICE. SEE DEALER FOR FULL DETAILS.

Kaizen AUTOMOTIVE GROUP PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

NEWS

Canmore. Bear attack sends man to hospital with minor injuries

A Canmore trail was closed Sunday after a surprise encounter between a bear and a Danish visitor who was left with a torn jacket and bruised arm, but no major injuries.

The man was bird watching along the Powerline Trail south of Quarry Lake when he happened upon the bear at a distance of less than five metres, said Fish and Wildlife officer Dave Dickson.

"The bear ran straight at him and he's not even sure if it bit or just swiped him — it just happened that fast — and then the bear was gone," Dickson said.

The man wasn't knocked down by the bear and suffered only minor injuries, but was taken to hospital for a tetanus shot as a precaution.

A portion of the trail has been closed to the public, and bear traps have been set up in the area.

Dickson said bears are starting to frequent roadsides, trails, power-line cuts and other areas where berries can be found.

He advised trail users to carry bear spray, make noise and travel in groups.

Kim Titchener of WildSmart said the best way to let bears know you're coming down a trail is to frequently — and loudly — shout or sing.

"The human voice is the No. 1 way to go," she said. "Bear bells are completely useless and I really wish they'd stop selling them."

ROBSON FLETCHER/METRO

Weeks after she was bitten by a neighbour's dog, wounds were still visible around the lips of eight-year-old Calgary girl Manharman Nijjar. JEREMY NOLAIS/METRO

Bitten girl's family says dog should have been spared

Athena the French bulldog. Eight-year-old Manharman Nijjar underwent surgery after she was bitten by a neighbour's dog

JEREMY NOLAIS
jeremy.nolais@metronews.ca

A young Calgary girl will be left with a permanent scar, but her family says the dog who inflicted the grisly injury should have been spared and they're levelling harsh words against city officials.

Eight-year-old Manharman Nijjar was playing with other children near her home in the Temple area on the evening of May 30 when she was bitten on the face by Athena, a French bulldog owned by next-door neighbour Brendan Halge.

Both Halge and the girl's family have said Athena, loosely tied in Halge's yard, was chewing on a bone at the time and that some of the kids got too close for the bulldog's comfort.

Manharman was rushed to hospital and underwent emergency surgery. Even still, stitches prevent her from fully opening her mouth and she will be forced to undergo more surgery in the fall.

Athena, meanwhile, was seized by city bylaw workers and forced to undergo a behavioural assessment — a standard practice when a bite occurs.

But Halge says he faced a $2,800 tab to keep Athena in "crappy conditions," until a court date in late September. The few times he was allowed to see his dog, he says she was highly stressed and he'd been given an indication of what her ultimate fate would be, given the extent of Manharman's injuries.

"She's never been locked up like that her entire life," he said. "They wouldn't let me see her, they wouldn't let me show them how she really is around people. I surrender her — what else was I supposed to do? I didn't want her to suffer."

In a rare twist, Manharman's family agrees with the dog owner.

"They shouldn't have put the dog down … the city wasn't being supportive at all," said relative Mandeep Kang. He spoke on behalf of Manharman's parents, who aren't fluent in English. "He (Halge) was very sorry for what happened. It wasn't his fault, either."

Athena was euthanized late last month.

Alvin Murray, a city bylaw operations manager, said the courts generally decide the fate of an aggressive dog unless the owner surrenders the animal.

Even still, he appeared to reinforce Halge's comments on Athena's chances of being spared.

"The dog was definitely aggressive … it ripped that little girl's face apart," he said. "When you've got a case of a major facial bite, it would be very difficult in any circumstances to put an animal like that back out into the community."

Calgary's school brass get payouts, Edmonton's do not

Retiring bonuses. Education minister warned school boards about hefty pay last month

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Alberta Education Minister Jeff Johnson warned major metro boards last month about overpaying their executives. METRO FILE

Calgary's top school superintendents are both set to net hefty payouts upon retiring, but their metro board peers to the north earn no such favour.

After criticism sparked over the one-year-salary payout to Calgary Board of Education Chief Supt. David Stevenson detailed in his contract, Metro quizzed Alberta's other three major school boards on whether their top executives had similar provisions in their respective agreements.

Stevenson, specifically, earns $295,000 in base pay annually as well as a car allowance of $15,000 and a learning and development fund of $5,000. When he leaves the organization — whether he resigns, is fired or serves his term — he stands to take another full offering of his base pay at the time, a bonus known as a "retiring allowance."

Stevenson's peer at the Calgary Catholic School District, Gary Strother, will take home a similar departure payout, but officials stressed he had to serve five years as a superintendent to qualify for the allowance and that it's meant to provide him with a greater incentive than the top-level available through teacher pensions earnings.

"It recognizes the salary in excess of the maximums that the particular retirement fund pays," said John Deausy, chief financial officer for the Catholic district.

Deausy said the district's own human resources workers have told him retirement allowances are "not uncommon." Strother earned nearly $212,000 in base pay in 2013, according to audited financial statements.

CBE officials, meanwhile, couldn't specify whether Stevenson had to serve any length of time to qualify for the allowance.

"This is a contract negotiated between the board of trustees and the chief superintendent," the board said in an email. "With the current absence of the chief superintendent Stevenson and trustees, we are unable to respond to your question."

Edmonton Public Schools Supt. Darrel Robertson and Edmonton Catholic School District Supt. Joan Carr don't have retirement allowances in their contracts, officials with each board said.

Alberta Education Minister Jeff Johnson did approve Stevenson's contract, but said he also warned all four metro boards about the amount being paid to top executives during discussions last month.

Johnson said that Calgary's boards in particular have griped a great deal about funding shortfalls, the need to hike busing fees and other cash-related problems.

"The management in the ministry, MLAs, all the teachers, everyone within the system, I think, has really stepped up ... My concern is when you have superintendents making more than the deputy minister, the minister, the premier," Johnson said.

"That warrants a real close look, especially in light of all the other constraints and the teachers taking zeros. I hope that boards keep that in mind when they're setting their wages for executives."

For comparison

Alberta's premier is entitled to just under $218,000 in base MLA pay and additional allowances.

- Like CBE Chief Supt. David Stevenson, Edmonton's metro board superintendents also net more than the premier, with Robertson earning nearly $266,000 and Carr earning $297,000 in base pay in 2013.

Liknes, O'Brien case

Search ends at Airdrie acreage

Police officially wrapped search efforts at an Airdrie acreage at the centre of an ongoing triple-murder investigation over the weekend.

Police Duty Insp. Nancy Farmer confirmed the property where it's believed Douglas Garland resided is no longer being combed by police teams.

"We've cleared it as of yesterday (Saturday) at 6 p.m.," Farmer said.

Garland faces three counts of murder in the deaths of Nathan O'Brien and his grandparents, Alvin and Kathryn Liknes. The bodies of the presumed victims have not been recovered. Some family members have said they won't give up hope of their loved ones returning home.

Search efforts continued Sunday in areas near the acreage, Farmer said.

Over the weekend, police partnered with the National Research Council of Canada and utilized one of their planes to search the area. Police have not said whether the victims were killed at the Likneses' Calgary home in Parkhill, at the acreage or elsewhere.

Meanwhile, a group of Airdrie moms hosted a series of silent auctions and fundraisers over the weekend and pledged they had more in store to support grieving family members.

On Sunday, Malissa Ancell and a dozen fellow vendors put out more than 100 items for bidding at the Delta Calgary South. She said hundreds had already been raised the previous day at a similar auction in Airdrie. For more information, head to metronews.ca/calgary. JEREMY NOLAIS/METRO

Professional Institute of MASSAGE THERAPY
SEPT START DATES FOR
Massage Therapy Diploma 1000 HOURS
Advanced Massage Therapy Diploma 2200 HOURS
APPLY ONLINE TODAY!
805 14TH STREET NW
PH 403.247.4319
PIMTMASSAGE.COM
VISIT US ON FACEBOOK
facebook.com/PIMTMassage
PIMTMASSAGE.COM

GRAND PRIZE SHOW HOME valued over $1.5 MILLION
KINSMEN LOTTO for the Alberta CHILDREN'S HOSPITAL
Early Bird Prize valued at $195,208.67
A 2014 Jaguar XKR Convertible
7 day trip package for 2 to the UK
Plus $10,000 CASH
Purchased from Vision Travel
1,784 prizes valued over $2.6 MILLION
Six hot new vehicles!
Eight exciting destinations
Hurry! Tickets Selling Fast!
Order your tickets today!
$100 EACH • 6 FOR $200 • 15 FOR $300
CALGARY 403•531•CARE (2273) | TOLL FREE 1•888•531•2273 | HOMELOTTO.COM
Total number of prizes to be won is 1,784. Total number of tickets will be 13,250 single tickets at $100; 9,350 sets of 6 for $200; 7,100 sets of 15 for$300 for a grand total of 175,850. The KinWin 50 total number of tickets will be 5,000 single tickets at $5; 11,000 sets of 10 for $25; 10,000 sets of 25 for $50 for a grand total of 365,000 tickets. For a complete list of rules, please visit homelotto.com PHONE CENTRE HOURS: 8 AM TO 11 PM Kinsmen Lotto Licence # 377536 KinWin 50 Licence # 377537 Prizes may not be exactly as shown.

Focus on off-road cycle paths and not complete streets: Chu

More for your money. Councillor argues for doubling down on strengths, but plenty of cyclists disagree

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary's newest "buffered bike lanes" are a "waste," according Coun. Sean Chu, who says the city should focus on improving its network of pathways instead of building more on-street infrastructure for cyclists.

Partially separated lanes under construction on Northland Drive N.W. are set to open to cyclists later this month, aimed at clarifying the previous paint-only lanes that many people found confusing.

Chu said the whole thing is unnecessary, in his view.

"I don't think we need to spend $500,000 — almost $600,000 — to put separation of the lanes," he said. "The street is already wide enough, and the reality is there's not a lot of bikes on it."

Chu said Calgary's broader approach to building "complete streets," with infrastructure for a variety of travel modes, is misguided. He noted the most frequented routes in the city's 2013 Bicycle Count were pathways.

"Everybody cannot stop talking about how great our bike-path system is," he said. "Why can't we make it better, instead of doing something new?"

Dale Calkins of Bike Calgary agreed the city has an "excellent system of pathways" that "we should leverage as much as we can" but noted the network was designed primarily for recreation, not transportation.

"They weren't designed to actually get people where they need to go: to schools, to shopping, to work," he said. "There will be situations where you have to design on-street infrastructure."

Cyclist Calvin French, who rides regularly in the Northland Drive area, said the buffered lanes will make a "world of difference" by clarifying where cars should go and where bikes should go as well as by eventually connecting to a new pedestrian overpass above Shaganappi Trail.

Disagreement

"(The bike paths) weren't designed to actually get people where they need to go: to schools, to shopping, to work."

Dale Calkins of Bike Calgary, on why on-street infrastructure is necessary

"So basically there are now safe and direct bike lanes from Dalhousie Station all the way to the university and connecting to Northmount Drive," he said. "That's massively helpful."

John Preet, however, said he didn't find the new concrete buffers to be particularly clear, as a driver, during a recent trip to Northland Village Mall.

The city would save money and be better off by sticking with painted lanes and enforcing the rules of the road more strictly, Preet added.

One of the concrete islands that make up the "buffered bike lanes" under construction on Northland Drive N.W. METRO FILE

Startup aims to fill void with cheap transfers

A screenshot from Sashfer in the alpha-testing stage. CONTRIBUTED

Attempts to sort out the tab after numerous bachelor parties in his late 20s led a Calgary entrepreneur to come up with a new, social-media-friendly way of transferring money that's set to launch for beta testing this week.

"Our tagline would be 'Getting Friends Even,'" Devesh Dwivedi, now 31, said of Sashfer, the online "peer-to-peer micropayment" platform he's been developing for the past couple of years.

The idea behind Sashfer is similar to services such as Venmo and Dwolla in the United States, but is relatively new to Canada.

While Interac offers email transfers and RBC allows its customers to transfer funds via Facebook through its app, Dwivedi said Sashfer fills a hole in the market for simple, multi-platform and bank-independent transfers.

Sashfer also allows users to remind people who owe them money to pay up, he noted.

Funds are free to receive, Dwivedi said, and it costs a flat fee of $1 to send up to $999 to a friend.

Only a loonie!

$1

The flat fee to transfer up to $999 via Sashfer, according company founder Devesh Dwivedi.

"Our target market is essentially college kids and people who are spending on high ATM fees," he said.

Sashfer is expected to be made available for beta testing on July 26.

Calgary resident Vince Lee said Sashfer "could be an option" for sorting out tabs with his buddies, but he'd still have some hesitation.

"For myself, I probably won't use it because with my friends I want cash in my hand," he said. "With digital (transfers), it'll be that excuse of 'It must've not sent.'"

ROBSON FLETCHER/METRO

Saddlecrest Green N.E.

Hit by vehicle, pedestrian left fighting for life

A pedestrian was left clinging to life, after he was hit by a vehicle in northeast Calgary late Saturday night.

Police and EMS were called to the 100 block of Saddlecrest Green N.E. around 11:40 p.m. Saturday following reports that a man had been struck by a car.

The man was attended to on the scene by EMS and rushed to hospital in critical, life-threatening condition.

The man was still in life-threatening condition as of Sunday morning, according to Det. Travis Ibach of the Calgary Police Service.

Police were interviewing the driver of the vehicle, though no charges had been laid as of news time.

The Calgary Police Service's traffic unit is investigating the incident.

Speed or alcohol aren't believed to be factors in the collision.

Anyone with information can call 403-266-1234.

KEN VAN DE WALLE/FOR METRO

Edmonton

Hotel evacuated, cars smashed as facade crumbles

More than 250 guests evacuated Edmonton's downtown Westin Hotel on Sunday after a large chunk of the building's exterior brick wall fell, smashing cars parked in a adjacent lot.

The collapse left a hole roughly 20 by 100 feet in the building, exposing insulation.

Edmonton Fire Service district chief Randy Shakura said it was too early to know the future of the building.

"Any time you have a collapse you don't know how bad it's going to get, so we're going to err on the side of caution," Shakura said.

LEAH GERMAIN/METRO IN EDMONTON

The building's structure wasn't affected, an engineer said Sunday.
LEAH GERMAIN/METRO IN EDMONTON

Pro-Russia rebels take control of Malaysia Airlines crash site

Eastern Ukraine. International concern growing over handling of bodies and integrity of evidence on the ground

Rebels in eastern Ukraine took control Sunday of the bodies recovered from downed Malaysia Airlines Flight 17, and the U.S. and European leaders demanded that Russian President Vladimir Putin make sure rebels give international investigators full access to the crash site.

U.S. Secretary of State John Kerry said Ukraine's separatists were to blame for the downing of the aircraft, adding there was "extraordinary circumstantial evidence" that showed Russia was almost certainly complicit in arming the rebels.

"There's a stacking up of evidence here, which Russia needs to help account for. We are not drawing the final conclusion here. But there is a lot that points at the need for Russia to be responsible," Kerry said.

The key question of who controlled the collection of evidence at the crash site in rebel-held territory dominated the day's rapid-fire developments. International monitors say armed rebels have limited their access to the crash site and Ukrainian officials said armed rebels took the bodies away from their workers by force.

A wave of international outrage over how the bodies of the crash victims were being handled came amid fears that the armed rebels who control the crash site could be tampering with the evidence there.

Donetsk rebel leader Alexander Borodai said the bodies recovered from the crash site would remain in four refrigerated train cars in the rebel-held town of Torez, 15 kilometres from the crash site, until the arrival of an international aviation delegation.

The leaders of France, Germany and Britain issued a statement demanding that Putin make sure pro-Russia separatists in Ukraine give full access to investigators at the Malaysian plane crash site or risk the ire of Europe.

The U.S. embassy in Kyiv issued a strong statement Sunday saying it has concluded "that Flight MH17 was likely downed by a SA-11 surface-to-air missile from separatist-controlled territory in eastern Ukraine."

THE ASSOCIATED PRESS

A member of a local militia guards remnants of Malaysia Airlines flight MH17 during a visit by monitors from the Organisation for Security and Cooperation in Europe on Sunday in Hrabove, Ukraine. ROB STOTHARD/GETTY IMAGES

WE CHANGE LIVES!

Success is **closer** than you think.

"I never really felt the traditional learning style was effective for me. I found the Integrated Learning™ System used by the Academy of Learning Career College enabled me to learn so much more. Academy of Learning Career College gave me the skills and confidence I needed to get exactly the type of job I was looking for."

BE JOB READY IN 6 TO 12 MONTHS

Academy OF LEARNING CAREER COLLEGE

www.academyoflearning.ab.ca

NORTH (403) 569-8973
SOUTH (403) 252-8973

ACCOUNTING LEGAL TECHNOLOGY BUSINESS HEALTHCARE

@AlbertaAOL academyoflearning.ab.ca

Poll: Harper's agenda doesn't match Canadians' priorities

Public-opinion research for the federal Finance Department suggests key government policies are out of step with Canadians' priorities, including the Northern Gateway project.

Members of focus groups consulted prior to the February budget had "little enthusiasm" for the proposed bitumen pipeline to the B.C. coast — even those who said they support the controversial project.

And among the 12 groups consulted — from Coquitlam, B.C., to Bridgewater, N.S. — the economy itself was not a top-of-mind concern.

Rather, the groups spontaneously raised education, health care, pensions and veterans as their key issues.

They also called for more processing and refining of Canada's oil resources at home, and to do so in a more environmentally safe manner.

The findings of the January focus groups, commissioned from NRG Research Group, suggest the Harper government's central policy themes — trade and the economy, with an emphasis on energy exports — are resonating less with ordinary Canadians.

"There is little enthusiasm for the (Northern Gateway) project, even among supporters," says a Jan. 25 report on the findings.

"Detractors worry about the environmental consequences in the event of a spill, particularly as a result of a tanker accident off the B.C. coast."

"There is an appreciation that increased market access for oil will be economically beneficial but there is still a desire to do so in a more environmentally safe manner."

The Harper government has made Northern Gateway a central plank of its energy strategy, and has pilloried environmental groups who oppose it, labelling them "radical." THE CANADIAN PRESS

NDP environment critic Megan Leslie speaks in the House of Commons on May 29. Research suggests key government policies are out of step with Canadians' priorities. SEAN KILPATRICK/THE CANADIAN PRESS

In focus

3,000

The focus groups were conducted along with a public-opinion survey of 3,000 people, and were carried out in advance of the Feb. 11 budget under a $135,000 contract.

Laura Bates, the founder of the Everyday Sexism Project, poses for a portrait in London, England, on July 14. MATT DUNHAM/THE ASSOCIATED PRESS

Web project challenges 'everyday sexism'

Women bear witness. Site's followers around world share stories of harassment at school, work and on transit

When Laura Bates was followed home one night by a man from her bus, she didn't think much of it. Incidents like that just seemed to be part of living in London, England.

But the writer said several other similar situations followed within days. One stranger shouted obscenities at her out of a car window. Another propositioned her forcefully in a cafe. A third groped her on the bus, and commuters looked away when she spoke up. She was startled not so much by the incidents — but how accustomed she had become to brushing such behaviour aside and not taking action.

"I started talking to other women, and I couldn't believe how many stories they had. I think many of us just think, 'Maybe I'm unlucky,'" said Bates, 27, in an interview. "Just like me, so many of them said, 'Until you asked me, I've never talked to anyone about this.'"

Those conversations triggered the birth of the Everyday Sexism Project, a website that Bates set up for women to share their experiences of sexism and harassment in their daily lives — in the office, on the train, in school or on the street. Two years on, what started as a simple idea has become a movement that is steadily gaining momentum, galvanizing support from politicians, police and thousands of women and men from Britain and beyond.

The project has collected 70,000 posts from some 20 countries, describing a wide range of unwelcome behaviour and offences from a colleague's casual comment to unreported rapes.

The outpouring on Bates' website, and the attention it has garnered, has translated into some successes offline. Bates has addressed a United Nations-hosted forum and worked with British politicians, schools and businesses, and she and other activist groups have collaborated with British Transport Police to help reduce sexual assault and unwanted sexual behaviour on subway trains and buses.

THE ASSOCIATED PRESS

Dissenting voices

Not all the reactions have been positive.

- Critics have argued that the focus is too trivial and distract from more important women's issues.
- Others say some of the behaviour described in the entries does not count as sexism, or claim the women are being overly sensitive.

HIV diagnosis rate drops in U.S.: Study

The rate of HIV infections diagnosed in the United States each year fell by one-third over the past decade, a government study finds. Experts celebrated it as hopeful news that the AIDS epidemic may be slowing in the U.S.

"It's encouraging," said Patrick Sullivan, an Emory University AIDS researcher who was not involved in the study.

The reasons for the drop aren't clear. It might mean fewer new infections are occurring. Or that most infected people already have been diagnosed so more testing won't necessarily find many more cases.

"It could be we are approaching something of a 'ceiling effect,'" said one study leader, David Holtgrave of Johns Hopkins University.

The study was released online Saturday by the Journal of the American Medical Association. It is part of the journal's special report on HIV research, issued ahead of the International AIDS Conference that starts Sunday in Melbourne, Australia.

The study found diagnosis rates dropped even as the amount of testing rose. In 2006, the CDC recommended routine HIV testing for all Americans ages 13 to 64, saying an HIV test should be as common as a cholesterol check. The percentage of adults ever tested for HIV increased from 37 per cent in 2000 to 45 per cent in 2010, according to CDC data.

THE ASSOCIATED PRESS

Out of 100,000 people

16

The findings: 16 out of every 100,000 people ages 13 and older were newly diagnosed with HIV in 2011, a steady decline from 24 out of 100,000 people in 2002.

Gaza hospital lights operations by cellphone, amid Israeli fire

Power cuts, supply shortages. Doctors have become masters of improvisation

In the heart of Gaza City, as its citizens again find themselves under fire from Israeli airstrikes and artillery, the wounded and their wailing families stream into Shifa Hospital without end.

Shifa, Gaza's largest hospital, has only an 11-bed emergency room and six operating theatres. Yet amid power cuts and among the screams of the bereaved, doctors at the 600-bed facility have become masters of improvisation, forced by the seemingly unending conflict engulfing the coastal strip to care for the wounded.

"If we are in the middle of an operation (and) lights go out, what do the Palestinians do?" said Mads Gilbert, a Norwegian doctor who has volunteered at Shifa on and off for 17 years. "They pick up their phones, and they use the light from the screen to illuminate the operation field."

The wounded from Israeli strikes usually arrive in waves. More than 3,000 Palestinians already have been wounded in the past two weeks of fighting, health officials say. Many, including the most serious cases, end up at Shifa.

A new wave of casualties arrives after daybreak Sunday, following a night of heavy Israeli tank fire on Gaza City's Shijaiyah neighbourhood. Hospital guards shout at drivers to move to make room for the next vehicles, pushing back journalists and onlookers.

Some of the wounded get treated in a hallway near the emergency room. A medic bandages the foot of an emergency worker writhing in pain on a mattress on the floor. A little boy with shrapnel wounds arrives and the emergency worker slides off the mattress to the hard floor for the child.

Mads Gilbert, a Norwegian doctor who has volunteered at Shifa hospital on and off for 17 years, treats a patient in the emergency room in Gaza City on Wednesday. KHALIL HAMRA/THE ASSOCIATED PRESS

Dr. Jihad Juwaidi says his six operating rooms filled up quickly and that even the seriously wounded have to wait for surgery, including a little girl with a fractured skull.

Choosing who gets treated first is gut-wrenching, says Dr. Allam Nayef, who works in one of Shifa's intensive care units.

"Sometimes you have to select which one of them has the best chance to survive," Nayef says. "Easily in this rush, you can take a bad decision, that the one (patient) you thought will wait for you … you won't find him when you finish your surgery." THE ASSOCIATED PRESS

Gaza Strip

Escalating their ground offensive, Israeli troops backed by tanks and warplanes battled Hamas militants in a crowded neighbourhood of Gaza City early Sunday.

- The fighting, including heavy Israeli tank fire, killed scores of Palestinians, forced thousands to flee and damaged or destroyed dozens of homes.
- Palestinian health officials reported at least 65 people killed as air and artillery strikes echoed across the city for hours.
- They put the number of displaced at 35,000, with at least 425 people killed in the nearly two-week conflict.
- Israeli military casualties spiked in the fighting, with 13 killed Sunday, raising the total number of dead soldiers to 18.
- Diplomats' efforts to end the violence continued, as U.N. chief Ban Ki-moon headed to the region to try to revive cease-fire efforts.

High demand in Health Care.
Become a Medical Office Assistant & Unit Clerk, Pharmacy Assistant, or Health Care Aide

New to Canada? Looking for a great career with better pay, ABM College can help!

- We offer **Alberta Government** approved programs, that lead to a rewarding career
- Funding and employment services available
- Clinical Practicum included
- Flexible class schedules: Mornings, Afternoons, Evenings and Weekends

We help you receive Government funding & scholarships

ABM COLLEGE
403.719.4300
3880 - 29 Street NE, Calgary
www.abmcollege.com

Hurry! 10 Job Ready Programs Starting Soon

Health Care Aide • Medical Office Assistant & Unit Clerk
Pharmacy Assistant • Massage Therapy • Esthetics • Legal Assistant
Business Administration • Hospitality Business Management
Accounting & Payroll • Oil and Gas Administrative Assistant

Banned protest

French youth clash with police

Pro-Palestinian French youth defying a ban on a protest against Israel's Gaza offensive clashed with police Sunday, setting fire to cars, pillaging stores and throwing stones in a Paris suburb.

Police, backed by a helicopter overhead, responded with tear gas and shots from non-lethal guns during hours of unrest in the northern suburb of Sarcelles, home to a large Jewish community.

The unrest marked the second time in two days that pro-Palestinian demonstrations in France turned violent. The demonstration, like the one in Paris on Saturday, had been banned to ensure peace.

France has Western Europe's largest Muslim and Jewish populations, and crises in the Middle East, like the one triggered by the Gaza offensive, often spill into France.

The clashes came hours after France honoured some 13,000 Jews rounded up 72 years ago, most kept in a cycling stadium before being sent to Auschwitz. THE ASSOCIATED PRESS

Soldiers' right to resist. Germany honours officers who tried to kill Hitler

Germany on Sunday honoured a group of Nazi-era officers who tried to kill Adolf Hitler 70 years ago. The plot — portrayed in films such as the 2008 Hollywood movie Valkyrie — helped establish a principle under which German soldiers today are encouraged to defy orders if they would result in a crime or violate human dignity.

In a sombre ceremony, President Joachim Gauck called the July 20, 1944, bombing of Hitler's Wolf's Lair headquarters in Eastern Prussia a "significant day in German history" for showing the world that there were Germans who opposed the Nazi regime.

"It was from this legacy that the newly founded Federal Republic, once it belatedly recognized the significance of the military resistance, was able to draw legitimacy," Gauck said.

Hitler survived the bombing and was able to continue his military campaign to conquer Europe and eradicate the continent's Jewish population for another year.

German President Joachim Gauck attends a ceremony marking the anniversary of the attempted assassination of Adolf Hitler. THE ASSOCIATED PRESS

Four officers, including Claus Schenk Graf von Stauffenberg, were executed without trial within hours of the failed assassination. Some 200 supporters were killed later or driven to suicide.

While the July 20 conspirators were among the most prominent examples of German resistance against the Nazis, historians have sought in recent years to highlight other, lesser-known men and women who opposed the regime. THE ASSOCIATED PRESS

NISSAN
Innovation that excites

OVER 850 PRE-OWNED VEHICLES AVAILABLE

ALL MAKES, ALL MODELS AVAILABLE
WE ARE YOUR ONE STOP SHOP

SUNRIDGE AUTOMOTIVE SUPERCENTER
2701 32ND AVE NE CALGARY, AB

NO PAYMENTS UNTIL DECEMBER

TAKE A SUMMER HOLIDAY WITH **0 PAYMENTS** OAC

UP TO **$2,695** CASH BACK WITH PURCHASE OAC

MONEY TUNNEL SATURDAYS

PREMIUM SOUND, NAVIGATION, TWO SETS OF RIMS, WINTER TIRES INCLUDED, 1000KM TO A TANK

1. FEATURED VEHICLE

LOWEST PRICE IN WESTERN CANADA
2011 BMW X5 35D - DIESEL MODEL
$43,998
$315 B/W
5.99% for 84 mths.

WE SPEAK YOUR LANGUAGE:
URDU, PUNJABI, HINDI, ARABIC, ITALIAN, SPANISH, CANTONESE, MANDARIN, FRENCH, TAGALOG

FLEET SALE, STOW N' GO, 7 SEATER

2. 2014 DODGE GRAND CARAVANS

$15,998
ONLY $117 B/W
5.99% for 84 mths.

10 TO CHOOSE FROM

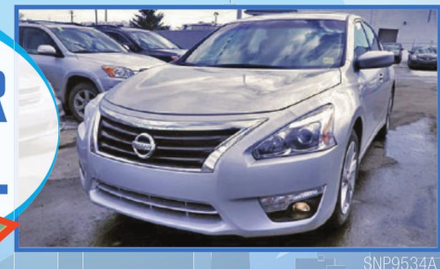
3. 2012 NISSAN ALTIMAS

$13,998
$103 B/W
5.99% for 84 mths.
NEW SHIPMENT IN
GET ONE WHILE THEY LAST!

4. 2011 MERCEDES BENZ - C300 4 MATIC

$27,998
$202 B/W
5.99% for 84 mths.
ONLY 1 OWNER - LEASE RETURN VEHICLE
AWD, FULLY INSPECTED

MANAGER SPECIAL



5. 2014 NISSAN ALTIMA SV

$21,459
ONLY $139 B/W
5.99% for 96 mths.
- MOON ROOF
- HEATED SEATS

ALL FINANCE PAYMENTS ARE TAXES AND FEES INCLUSIVE!

Summer Service Special

OIL CHANGE AND INSPECTION
- FREE BRAKE AND UNDERBODY INSPECTION
- TIRE ROTATION OR SWAP (W/ RIMS) MBM EXTRA
- INCLUDES LUBE OIL FILTER (UP TO 5 LITRES OIL-DOES NOT INCLUDE SYNTHETIC OR ESTER OIL)

OP CODE SUMMER1 **$99.95**

THE ORIGINAL KING OF CREDIT
CALL JON NOW DRIVE TODAY! 1.888.691.3142 CREDITKINGCALGARY.COM

BANG THE GONG

SUNRIDGE NISSAN

SUNRIDGE AUTOMOTIVE:
A DIVISION OF SUNRIDGE NISSAN
403-291-2626
SUNRIDGENISSAN.COM

CANADA'S BEST MANAGED COMPANIES

AMVIC LICENSED

Kaizen AUTOMOTIVE GROUP
PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

VEHICLE PAYMENTS ARE O.A.C. AT 5.99% APR FOR MTHS SHOWN. THE COST OF CREDIT IS 1: $10,643 2: $4,091.59, 3: $3,503 4: $6,863.59 5: $6,026 PRICES DO NOT INCLUDE GST. TOTAL OBLIGATION IS 1: $57,372 2: $21,420 3: $18,372 4: $57,372 5: $29,088. PAYMENTS INTEGRATE ALL FEES & TAXES. ERRORS & OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN. MONEY TUNNEL PRIZES ARE ON VEHICLE PURCHASE ONLY. MONEY TUNNEL PROMOTION IS A 10 SECOND EVENT. UP TO $2,695 CASH BACK WITH THE PURCHASE OF A USED VEHICLE AND OAC. NO PAYMENTS UNTIL DECEMBER 2014 OFFER IS OAC. SEE DEALER FOR DETAILS.

Just don't kiss it ... the prince would be huge!

A 22-metre-high golden fabric frog is displayed at Yuyuantan Park on Saturday in Beijing. The frog is based on the golden frog, which symbolizes lucky culture and is thought to bring wealth and fortune in Chinese traditional culture. The exhibition will last until Aug. 20. CHINAFOTOPRESS/GETTY IMAGES

It may be time to burst your bubble

HOW TO ROLL
Alison Griffiths
metronews.ca

You would think that Canada's housing market was the champagne industry — there's so much talk of bubbles. For the past couple of years it's been bubble this and correction that. Yet the market keeps, well, bubbling up, at an annual rate of 4.4 per cent to the end of May 2014.

However, FitchRatings last week stated that Canada's real estate market was 20 per cent overpriced, while the Morningstar rating agency predicted that a 30 per cent correction could happen over the next few years.

What can you do to protect yourself? Here are some suggestions:

Landlords: An easing in prices, combined with continued low interest rates, is a homebuyer's perfect dream. A deep correction of more than 20 per cent is heaven itself. Should it come to pass, renters who are waiting and hoping for their chance at home sweet home will buy and the rental market will soften as vacancy rates climb. Landlords should stay on top of maintenance in order to keep their units as attractive as possible and stash cash just in case vacancy rates soar, leaving units empty.

Homeowners: Avoid a home equity line of credit because these are based on the property's value and may be reduced or eliminated when the mortgage term is up. If you must borrow to pay for essential repairs, consider remortgaging now if fees and penalties are not significant.

Prospective buyers: Don't. At least, not yet. Yes, if prices continue to defy the-sky-is-falling predictions, you may end up paying more. But having a bigger down payment could more than compensate and protect you from the impact of higher interest rates.

If real-estate money is burning a hole in your pocket, be a vicarious owner. Choose a low-fee exchange-traded fund (ETF) that tracks an index of Real Estate Investment Trusts (REITS) and is diversified among commercial, industrial and residential real estate.

My favourite REIT ETF is the BMO Equal Weight REIT (ZRE) because it is a little less concentrated in three of the biggest names: RioCan, Brookfield Office Properties Inc. and H&R REIT. The other two options are iShares S&P/TSX Capped REIT (XRE) and Vanguard FTSE Canadian Capped REIT (VRE).

'Prankvertising' on the rise

An online video hoax of a shark in Lake Ontario that caused real-world consternation this past week demonstrates the attention-grabbing risks marketers are taking in an increasingly media-fractured universe, experts say.

The problem, they say, is that efforts to stand out from the crowd via "prankvertising" can easily backfire.

"Until you've done something, you can't really say, 'OK, maybe that wasn't the smartest idea,'" said Stephen Morgan, former creative director with MR.G in Toronto.

"There is definitely no rule book."

Six days after the YouTube video surfaced, Discovery Canada admitted the finned creature was a lifelike model. The idea was to create some buzz for a TV series on real sharks, not cause terror, Discovery Canada president Paul Lewis said by way of an explanation.

THE CANADIAN PRESS

CREDIT CARD AUTHORIZATION ASSISTANT

Metro's Finance Department is looking for a Credit Card Authorization Assistant to join the Credit & Collections team for this 6 month contract position. Reporting to the Credit & Collections Manager, the successful candidate will be responsible for ensuring that all payments made to Metro are correctly received and reported. and their feedback.

PRIMARY RESPONSIBILITIES:

- Credit cards processing for Amex, MasterCard and Visa in Payfirma system for prepay ads
- Obtain credit card information from customers via telephone and Fax to process the cards
- Comply to PCI compliance rules
- Responsible to approve or Cancel prepay orders based on payment received 36 hrs prior to ad run date for western markets
- Follow up on customers prepay account outstanding with sales reps

REQUIREMENTS OF THE POSITION:

- 2 to 3 years related experience
- Experience in working in web based programs
- Comprehensive knowledge of Microsoft Office, Excel and Word
- Customer Service Skills
- Ability to multi-task and work in a fast paced environment
- Detail oriented
- Flexible, independent, creative, efficient, entrepreneurial spirited rebel preferred

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than August 1st.

PLEASE QUOTE: "Credit Card Authorization Assistant" in the Subject Line. All submissions will be treated as confidential.

metro

Enroll in our Human Services Diploma Program today!
Specialize in: Social Work, Community Support, or Youth Work

Human Services Professionals are earning between $33,000 to $63,000 per year.
Apply now for classes
Taught by industry experts
Free upgrading may be available
Competitive tuition fees

For more information:
www.columbia.ab.ca/m
Call now: 403.235.9300
Drop-in: 802 Manning Road NE, Calgary AB

COLUMBIA COLLEGE CALGARY

Quality education that works for you & employers.

THREE LESSONS FOR THE STAMPEDE

URBAN COMPASS

Jeremy Klaszus
calgary@metronews.ca

One summertime show is done with for another year, while the other set to begin this weekend at Prince's Island Park.

The first show, the Calgary Stampede, describes itself as the Greatest Outdoor Show on Earth. But that name might be more aptly applied to the second show, the Calgary Folk Music Festival, which is arguably a better reflection of our city.

They are two different events — rodeo/exhibition and music festival — that appeal to different groups of people. But as large urban events, they can learn from each other. Here are three things folk fest can teach the Stampede:

1. Stand against misogyny. This year, local voices including Elsbeth Mehrer of YWCA and Metro columnist Greg Callsen called out the Stampede for its misogynist undercurrents. For 10 days in July, women are regularly hooted at and harassed by bros who are just having a good time at Stampede. Such behaviour isn't officially endorsed by the Stampede organization, but we all know it's prevalent both on the grounds and off. By contrast, folk fest has a much safer vibe. If you behave like a creep, you will generally be vilified as such. Respect is the rule.

There are exceptions at both events, of course. But each organization can set the overall tone for its show, and only one has done this well.

2. Embrace cyclists. Both folk fest and Stampede are in inner-city locations ideal for cycling. This being so, folk fest has for years encouraged people to leave their cars at home and cycle to the island, where there's ample bike parking, complete with a checkout system to ensure security. This year, Stampede couldn't even be bothered to set up racks at the "bike corral" outside the gates until cyclists and media made a fuss a few days in. Strangely, the Stampede has portrayed its location as inconvenient for cyclists, as if it's somewhere near Spruce Meadows and not smack in the centre of the city. On the plus side: During the brouhaha about the absence of bike racks outside the grounds, the folk fest offered on Twitter to share its cycling expertise with the Stampede. A great idea!

3. Lead instead of lagging. A decade ago, when recycling was almost non-existent on the Stampede grounds, folk fest was leading in this area with a plate-reuse system. Today, folk fest says it has a waste-diversion rate of 86 per cent (up from 45 per cent in 2008). In fairness, the folk fest has the advantage of a smaller scale — roughly 50,000 attendees compared to Stampede's 1.26 million in 2014. But that's no excuse. Recycling is not new, bikes in cities are not new, respect for women is not new. Instead of always reacting to trends and trying to catch up, the Calgary Stampede should be leading. Organizers can always swing by Prince's Island Park this weekend to see how it's done.

THE OLD MAN AND THE KEY

Wally Collins, second from left, is congratulated after beating 130 other men to be crowned the 2014 "Papa" Hemingway Look-Alike Contest winner at Sloppy Joe's Bar in Key West, Fla. Collins, a Phoenix, Ariz., resident, won the title on his sixth try. ANDY NEWMAN/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

The son also rises, but it's papa for the win in Hemingway look-alike contest

A white-bearded Arizona restaurateur has won Key West's annual "Papa" Hemingway Look-Alike Contest on his sixth attempt.

Wally Collins of Phoenix triumphed over 130 other entrants, including his son Matt Collins, late Saturday night at Sloppy Joe's Bar. The bar was a favorite of Ernest Hemingway during the 1930s. Competitors in sportsman's attire paraded before a judging panel of former winners during two preliminary rounds and the finals, trying to prove their resemblance to the real Hemingway.

Collins, who also has researched the role concussions may have played in Hemingway's 1961 suicide, said he admired Hemingway's ideals and taste for adventure.

"I didn't have as many wives as he had, and I have a lot more children and grandchildren, but there are a lot of things that he stood for that I really like," Collins said.

Hemingway was born on July 21, 1899.

THE ASSOCIATED PRESS

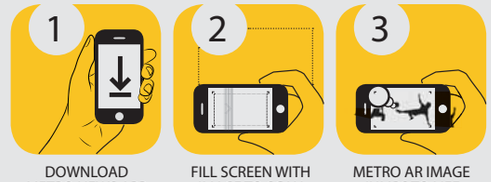
Hemingway Days

The contest is a highlight of the annual Hemingway Days celebration honouring the author who lived and wrote in Key West from 1931 to '39.

- His home in the Florida city, where he wrote For Whom the Bell Tolls, is now a museum.
- The festival also includes a short-story competition directed by Ernest's granddaughter, Lorian Hemingway, and a spoof on the running of the bulls in Pamplona, Spain.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



DOWNLOAD METRO NEWS APP | FILL SCREEN WITH IMAGE TO SCAN | METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 12 in Scene and page 21 in Sports.

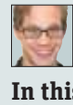
To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

metro AR

MetroTube

Man 'lucky' to be hit by mattress truck



ANDREW FIFIELD
andrew.fifield@metronews.ca

In this space last week, we showed you a pretty scary accident that ended with a motorcyclist being thrown onto the roof of a vehicle after being rear-ended by another. Happily, he avoided serious injury.

More lucky is this gentleman, who found himself sideswiped by a truck while riding in Brazil — because if not for the cargo it was hauling, things could have been much worse. (EpicBulbTV Viral/YouTube)

ISTOCK

metro

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Calgary** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Blaine Schlechter • **Distribution Manager** David Mak • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO CALGARY** Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca • **Letters to the Editor:** calgaryletters@metronews.ca

SCENE 2

Ebooks

Seconds

By. Bryan Lee O'Malley

Kindle/iBooks

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Katie is a chef so drawn to the control of her kitchen that she's made her restaurant her home. She becomes tempted to replay her life when mysterious forces test her destructive impulses. The creator of Scott Pilgrim is on fire again with imaginative, dream-like visuals, likeable characters, and a tricky time-travel story masterfully told for a compulsive read.

Box office

Apes rule movie jungle, once again

Dawn of the Planet of the Apes topped the box office for the second-straight week with an estimated $36 million, easily besting the horror thriller The Purge: Anarchy. In third place is Planes: Fire & Rescue, while Sex Tape failed to turn on moviegoers. THE ASSOCIATED PRESS

The Dirty Heads' summer bummer — gone too soon

Sound of Change. New album heavy on reggae-rock vibe with a song detailing a short-lived summer romance

CHRIS CARPENTER
Metro in new York City

With August fast approaching, SoCal rockers Dirty Heads express their bittersweet qualms with the fleeting nature of the season on My Sweet Summer, the lead track from their fourth studio album, Sound of Change.

"I was doing a writing exercise where I was writing songs for other people and sending them out. Kenny Chesney and I were shooting emails back and forth, so I had started this country-ish, reggae-ish song," Jared "Dirty J" Watson, lead singer of the Dirty Heads, says about the early inception of Summer.

Chesney — arguably country music's reigning king right now — is a self-proclaimed super-fan of the Dirty Heads.

"I think country music is great; it's hilarious. I love the storytelling aspect," Watson says. "For somebody like Kenny Chesney to have touched so many people and have so many fans — obviously he's doing something amazing. For him to play our music before his shows, that's just really cool. It's crazy. That whole 'barefoot, sand, Coronas' vibe that he brings is like the country version of us. He's a very cool dude."

Of course, Summer, the way the Dirty Heads play it, doesn't exactly sound like a country tune. Inspired by the escape of summer — both literally and figuratively — Watson crafted the song around the departure of a summer romance.

Jared Watson and Dustin Bushnell of the band The Dirty Heads. GETTY IMAGES

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear how the Dirty Heads transformed My Sweet Summer!

metro AR

→ See the full instructions on Metro's Voices page.

"When the idea of 'my sweet summer is gone' came and we [the band] nailed down the idea and the gist of the story that we wanted to tell, it was just about painting a cool picture. We knew that we had something special," says Watson.

Dirty Heads' most successful song to date came in 2010 with the acoustic surf tune Lay Me Down. The song reached No. 1 on both Billboard's Alternative chart and Rock chart.

"[Surf culture] tied into our music very heavily in the beginning. Now that we're grown men and have been doing this for 10 years and have seen the world, I think that this band is a lot more international and worldly," says Watson. "I think our new album is a little broader. It's so heavy on that reggae-rock vibe. It's something new."

Long past their days of crawling the country in a van, the band are currently on tour with Pepper and are playing select dates with 311.

"Touring in a van and not making any money for seven years made us who we were," says Watson. "We didn't care; it was all about the music. We knew it was going to pay off."

Bittersweet

"We knew that we had something special."

Jared "Dirty J" Watson, lead singer of the Dirty Heads describes crafting My Sweet Summer around the inspiration of the end of a summer romance.

MY NISSAN, MY CHOICE~
$750 BONUS CASH
OR
4 SEMI-MONTHLY PAYMENTS ON US
OR
NO CHARGE ADDED SECURITY PLAN
ON TOP OF SELECT LEASE AND FINANCE OFFERS

2015 NISSAN MICRA
STARTING FROM $9,998+

JAPANESE ENGINEERING.
EUROPEAN STYLING.
BUILT FOR CANADA.

JUST ARRIVED!
- FIVE COLOUR ACCENTS TO CHOOSE FROM
- USB CONNECTION PORT FOR IPOD® INTERFACE

$200 OR OIL CHANGES FOR 2 YEARS WITH ANY PURCHASE OF A NEW OR USED VEHICLE *NO SYNTHETIC

403-842-2100 — OKOTOKSNISSAN.COM — 100 Woodgate Road, Okotoks

OKOTOKS NISSAN

~OFFER APPLICABLE TO THE LEASING OR FINANCING OF A NEW 2014 VERSA NOTE/SENTRA/ROGUE/PATHFINDER/TITAN MODELS BETWEEN JULY 1-31, 2014. OFFERS SUBJECT TO CHANGE, CONTINUATION OR CANCELLATION WITHOUT NOTICE. SEE DEALER FOR DETAILS. +MICRA SALES PRICE IS A STARTING FROM PRICE AND IS SET BY NISSAN CANADA, SEE HTTP://WWW.NISSAN.CA/EN/CARS/MICRA FOR DETAILS. ERRORS & OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Aguilera party finds new meaning for birthday cake

STARGAZING
Malene Arpe
scene@metronews.ca

An American attempts to claim 800 square miles of land in Northern Africa so that his daughter can be a real princess. "Whatever," says Veruca Salt.

Ariana Grande's Nickelodeon show Sam & Cat is cancelled. I don't understand all of those words, but I do know it sucks when my cat knocks over my grande latte, so .... condolences?

Blake Lively is launching a lifestyle website called Preserve. It will feature 1) Canning tips. 2) Essays on conservation of heritage buildings. 3) A tribute to the Preservation Hall Jazz Band. 4) A screed against Butylated hydroxyanisole and L-cysteine. 5) Cute pictures of expensive shoes.

Marvel Comics introduces female Thor. Space does not allow me to elaborate on the sexist weirdness of a "strong female character" having to spring from a long-established male character, so I'll just say "blergh." Also, the only time Thor transformed into a woman was when he went to Jotunheim to trick the giant Thrym into returning his hammer by pretending to be Freya and Loki said .... (that's more than enough. - ed.)

Lindsay Lohan promises to behave when she stars in Speed-the-Plow in London. "How crazy would I be," she asked, "jeopardizing my chance to spend 10 weeks doing speed?"

Christina Aguilera's baby shower reportedly featured a cake that had as decoration a woman on a rug birthing a baby whose head was "poking out". That explains the new Slimband slogan: "Almost as good at completely destroying your appetite as accidentally attending Christina Aguilera's baby shower."

Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Award makes this Lohan comeback a little more legit, right?

Lindsay Lohan really has it easy sometimes. No, wait. Hear me out. Lohan's career as a "celebrated" actress comes from one film, Mean Girls, that came out 10 years ago. Since then, the films she's actually managed to show up for have been disappointments and duds, yet she's still held on to the promise that Mean Girls created. And now she's been feted at the Ischia Global Film & Music Festival with the Ischia Comeback Award simply for signing up to do David Mamet's Speed-the-Plow on the West End. Seems a bit premature, since she's not even in rehearsals yet, but whatever. She's back! Again! Come to think of it, every time Lohan has signed up to do anything, it's considered a comeback. Maybe she deserves the award after all.

Burt Reynolds

Alimony woes for Burt Reynolds

It's been more than 20 years since Burt Reynolds and Loni Anderson got divorced, but they're still ironing out the financial details. It seems that, according to TMZ, when Reynolds paid Anderson the $234,794 in alimony and child support they'd agreed upon, he left out a spare $97,000. Easy mistake to make. So Anderson went to court earlier this year and got a judge to order Reynolds to pay up, and thanks to interest that figure is now $154,520. Your move, Burt.

Twitter

@samantharonson
Twitter Tourette's Syndrome is not a thing. You signed on, typed it up, hit send. Own it.

@lenadunham
My favorite part of having a cold is probably the sweaty, unyielding dreams that my family and friends have abandoned and ostracized me <3

@SarahKSilverman
I have Angelina Jolie's lips, it's just that they're in my underpants

acne clinical study

Do you or your child suffer from **moderate acne**?

www.kirkbarber.ca

We are currently seeking participants for a research study testing an investigational topical medication for acne.

Qualified participants must:
- Be 12 Years or Older.
- Have between 20 and 50 irritated pimples and 30 to 100 whiteheads or blackheads on their face

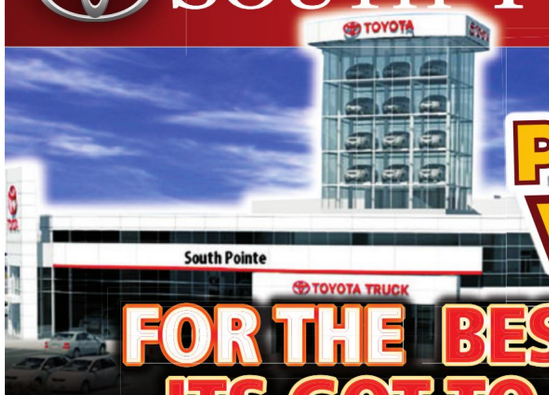
Qualified participants will receive at no cost:
- Study - related care
- Investigational topical medication

Compensation may be provided for time & travel.

call: **403-243-1101**
to speak to a study nurse

*Health insurance is not needed to participate.

SOUTH POINTE TOYOTA SCION



LIFETIME** POWERTRAIN WARRANTY!

ON PURCHASE OF TOYOTA CERTIFIED VEHICLES

RATES as low as 1.9%*

ROADSIDE ASSISTANCE AVAILABLE

7 DAY EXCHANGE ON TOYOTA CERTIFIED VEHICLES

FOR THE BEST USED SELECTION IN TOWN ITS GOT TO BE SOUTH POINTE TOYOTA!

FREE CARPROOF with every purchase!

2012 TOYOTA COROLLA
STOCK# P461117A

$14,998** OR $89B/W**

2010 TOYOTA CALIBER
STOCK# P300815A

$10,998* OR $63B/W**

2012 HYUNDAI SANTA FE
STOCK# P461196A

$16,998 OR $103B/W**

2010 TOYOTA PRIUS
STOCK# P261673A

$17,998* OR $109B/W**

2013 TOYOTA SIENNA CE
STOCK# P400504A

$28,998** OR $189B/W**

2008 TOYOTA TUNDRA 4X4 5.7
STOCK# P400963A

$16,998* OR $138B/W**

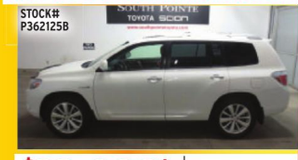
2007 TOYOTA CAMRY LE
STOCK# P400767A

$11,998

2011 TOYOTA SIENNA
STOCK# P460808A

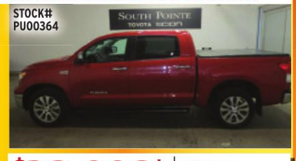
$22,998* OR $146B/W**

2008 TOYOTA HIGHLANDER HYBRID
STOCK# P362125B



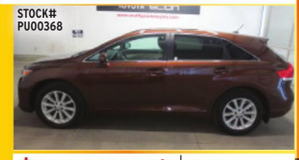
$22,998* OR $195B/W**

2012 TOYOTA TUNDRA PLATINUM
STOCK# PU00364



$38,998* OR $259B/W**

2012 TOYOTA VENZA AWD
STOCK# PU00368

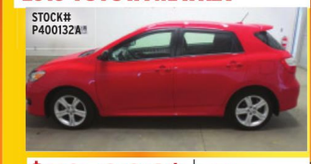


$27,998* OR $182B/W**

2013 TOYOTA YARIS
STOCK# P4C0866A

$13,998* OR $83B/W**

2010 TOYOTA MATRIX
STOCK# P400132A



$10,998* OR $63B/W**

2013 TOYOTA SIENNA CE
STOCK# P400976A

$25,998* OR $167B/W**

2009 TOYOTA COROLLA SPORT
STOCK# P460378C

$13,998* OR $109B/W**

2009 TOYOTA VENZA V6 AWD
STOCK# PU00360

$17,998* OR $147B/W**

2012 TOYOTA COROLLA
STOCK# P400348A

$13,998* OR $84B/W**

2009 TOYOTA TACOMA SR5
STOCK# P302203A

$26,998* OR $229B/W**

2008 TOYOTA CAMRY V6
STOCK# P400553A

$8,998*

2012 KIA SORENTO EX AWD
STOCK# P400182A

$22,998* OR $146B/W**

2012 TOYOTA HIGHLANDER SPORT
STOCK# P3Z2342A

$35,998* OR $238B/W**

2011 TOYOTA XD
STOCK# P400035A

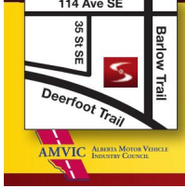
$11,998* OR $69B/W**

2006 TOYOTA MATRIX TRD
STOCK# P400568B

$6,998*

2007 TOYOTA YARIS AT 4DR
STOCK# P460913A

$8,998*



SOUTH POINTE TOYOTA SCION

403.567.8888

11500 - 35 STREET S.E.

BARLOW TR. & DEERFOOT TR. S.E.

southpointetoyota.com

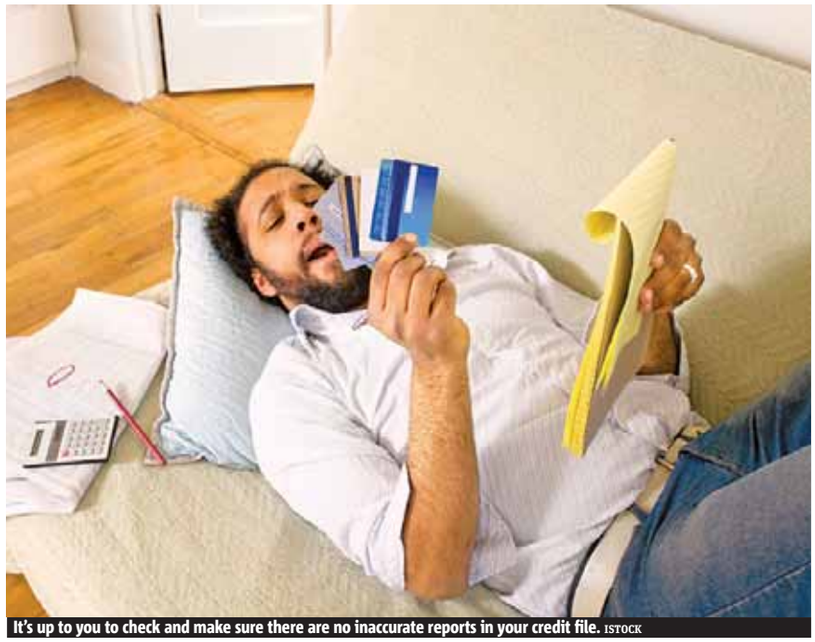
AMVIC Alberta Motor Vehicle Industry Council

ALL FINANCING IS O.A.C BASED ON BANK FINANCING FOR **84 MONTH OR *60 MONTH TERMS WITH $3000 DOWN AT 6.99%. ALL PRICES INCLUDE ALL TAXES AND FEES AND ARE PLUS GST ONLY. EXAMPLE: COST OF CREDIT DISCLOSURE, STOCK #PU00364 TOTAL COST INCLUDING COST OF BORROWING IS $50138 POWER TRAIN WARRANTY ONLY AT SOUTHPOINTE TOYOTA; 50% LABOUR COST ON PARTS. CERTAIN CONDITIONS APPLY SEE DEALER FOR COMPLETE DETAILS.

Do your rating credit. Check it

On file. Everything you ever wanted to know — and maybe a few things you didn't — about your credit history and why you should keep an eye on it

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com



It's up to you to check and make sure there are no inaccurate reports in your credit file. ISTOCK

Have you checked your credit file recently? You should.

Your credit file contains a listing of debit and credit payments and it includes public record information about how promptly you've paid bills, along with all the yucky stuff like collections, judgements and bankruptcies.

Typically credit agencies will keep a record of accounts that were paid and have no negative history for up to 20 years or for as long as you have a relationship with the company with which you did business. If you cancel an account, the credit agency has no way of maintaining a current and accurate credit file so they often delete credit information. That's why when you cancel a credit card the credit history that goes with it disappears. If you have a long history with a credit card supplier and want to stop using that card, cut it up but don't cancel the account until you've established a credit history on a new card.

Most people don't realize that when a business makes an inquiry — when it checks your credit — that inquiry not only affects your credit score, but it stays on your file for one to six years depending on the type of inquiry.

Annual credit check-up

Check your credit files at least once a year to ensure the information is correct.

- Send a written request to one of the two major credit bureaus in Canada: Equifax Canada Inc. or Trans Union of Canada Inc.
- More information can be found online at equifax.ca and transunion.ca.
- There is no charge for this service if you ask for your record by mail.

Some credit-reporting agencies report the lenders' rating of each of your credit history items on a scale of 1 to 9. A rating of "1" means you pay your bills within 30 days of the due date. A rating of "9" means that you never pay your bills at all or that you have made a consumer debt repayment proposal to the lender. A letter will also appear in front of the number: for example, I2, O2, R2. The letter stands for the type of credit you are using.

"I" refers to an installment loan, such as for a car loan, where you borrow money once and repay it in fixed amounts, on a regular basis, for a specific period of time until the loan is paid off. "O" refers to open credit such as a line of credit, where you borrow money, as needed, up to a certain limit and the total balance is due at the end of each period. "R" refers to revolving credit, on which you make regular payments in varying amounts depending on the balance of your account, and can then borrow more money up to your credit limit. Credit cards are revolving credit.

If you've mucked up your credit, know that the record of your financial indiscretions will remain on your file for all who inquire to see for up to six years after you diddled around and defaulted on the account.

If you go through a debt repayment program, like one offered through credit counseling, the record will be removed from your file two years after you finish paying off your agreed upon amount, or six years after you defaulted on the account, whichever comes first. If you do a consumer proposal, the proposal and all accounts reported as satisfied through the proposal are removed from your file three years from the date you satisfied the proposal.

The amount of time a bankruptcy stays on file is dependent on where you live. Typically, if you live in B.C., Yukon, N.W.T., Nunavut, Alberta, Saskatchewan, Manitoba or Nova Scotia, the record will stay in place for six years from the date of discharge. In Ontario, Quebec, New Brunswick, P.E.I. and Newfoundland and Labrador, it stays on record for seven years from the date of discharge. However, if you've gone bankrupt more than once, each will remain on your file for 14 years from the date of discharge of each bankruptcy

If you get a judgement against you, the same rules apply as with bankruptcy except for P.E.I., which keeps the record on file for ten years.

If you've been sent to collections, the record will be removed from your file six years after the date you defaulted on the account with the original creditor.

So if some collector calls you up after six years and says they're trying to collect on the debt, they have no recourse and you can blow 'em off. Your record is clear.

The longer you exhibit good credit behavior by paying your bills on time and managing your credit wisely, the more your credit rating will improve, until you once again achieve a favorable credit rating. And if you've got a good rating that's been marred by inaccurate reporting, it's your job to fix it.

Home renovations from the homebuilding experts.
CALL FOR A FREE IN-HOME CONSULTATION | 403.258.1511
CARDEL RENOS
Built for real life.
CARDELHOMES.COM
CARDEL HOMES

Money 101. Two couples, one year to make them richer

Never been so happy — and so rich

Since January, two Canadian couples have taken on the challenge to completely change their financial future. Together, we have worked on budgets, debt reduction, retirement planning, home-buying and financial planning. Both couples have risen to the challenge and have collectively improved their net worth by more than $50,000. Follow @LesleyScorgie and cheer these couples on as they work to achieve their goals. – *Lesley-Anne Scorgie*

Anne-Marie's and Peter's cash flow has decreased lately as the couple deals with nursing challenges. SHUTTERSTOCK

Carolina and Jose are looking forward to decorating their new townhome. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt; start an RESP; and start saving a down payment
- Current net worth: $93,850
- Homework from last month: Evaluate balanced investments and plan to set up an RESP

Parenting has brought Anne-Marie and Peter tremendous joy this past month, despite a few feeding and sleeping challenges. Adding to their glee is a growing bottom line. In particular, a strengthening stock market has contributed to a large increase in the value of Anne-Marie's defined benefit pension — more than 25 per cent since January. While on parental leave, she will continue to participate in her plan, adding to the value, but this will eat into the couple's maternity budget.

Anne-Marie's and Peter's cash flow has taken a bit of a hit lately as the couple deals with nursing challenges. The cost of feeding consultants and prescriptions has totalled close to $1,000, but Anne-Marie, in particular, feels the issue is nearly resolved. To afford these medical expenditures, the couple paid $1,000 less toward their debts this past month and will keep their receipts for tax time as they may qualify for tax credits. Overall, these unexpected expenses have reinforced the need for building emergency funds going forward.

For the remainder of the year, the couple will endeavour to become debt-free. They still owe $5,200 on their low-rate credit card and $2,800 on their vehicle loan. Spread equally over the next five months, that's approximately $1,600 per month. The challenge will come when Anne-Marie's parental leave "top-up" from her company ends in October. So they are making hay while the sun is still shining.

Due to a high volume of new parent commitments, the couple is yet to set up their daughter's RESP, so this is the first part of their homework this month.

At the same appointment with their investment adviser, they will also be choosing different and better suited investments for their RRSP portfolios. Anne-Marie and Peter are still interested in low-fee mutual funds suited to their medium-risk investment profiles due to the fact these funds are professionally managed and offer an opportunity for diversification. Once their investment acumen improves, they will consider more traditional investments like stocks and bonds.

Homework:
Anne-Marie and Peter will set up their daughter's RESP and change their investment holdings.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and safety co-ordinator
- Total household income: $62,000
- Life stage: Three daughters aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are very frugal and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt; buy a house; and visit family
- Current net worth: – $6,500
- Homework from last month: Work through their 60-day new homeowners' checklist

Carolina and Jose have officially settled into their new townhome and credit three reasons for why they are so happy.

First, for the first time in their lives, they have a forced mechanism to save money through building equity in a home they own. Through biweekly mortgage payments of approximately $590 and a five-year, fixed rate of 2.99 per cent, a huge chunk of Carolina's and Jose's payments are going toward equity rather than interest.

Second, their home is theirs to do with as they wish. They have been dreaming about what features, such as paint and light fixtures, they would eventually like to upgrade.

But before they get ahead of themselves, Carolina's and Jose's homework is to create a list of what they would like to improve, by when and the cost. This will help balance out their home improvements so they give themselves enough time to save up rather than charge to their credit card. Luckily, they have already been able to avoid one meaty home maintenance item — a new water heater, which was replaced by the former owner.

Third, their three girls are adjusting well and making new friends — a priceless benefit.

This month, the couple is shifting gears toward their next great financial challenge — debt repayment. They owe $6,800 on their line of credit and make payments of $100 per month. They also owe $14,700 in student loans, of which they pay nothing toward due to relief through a student loan payment assistance program.

Their debt repayment plan starts with a revised budget, taking into account their new home and an understanding of how much they can afford to pay each month. Thus, Carolina's and Jose's second homework item this month is to revise their budget.

To further reduce their debt, Jose is considering selling his 15-year-old car and putting that money toward their debts.

He no longer needs his vehicle because his work supplies him with a truck.

Ideally, the couple wants to strike a balance between becoming debt-free while sprucing up their new pad.

Homework:
Carolina and Jose will create a list of home improvements and a revised budget.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

Earn up to $150 with Tangerine.

$50* when you open your first Chequing Account by July 31.

$50* when you switch your pay by August 31.

$50* when you open your first Savings Account by July 31.

Plus, get a **2.50%*** interest rate on new savings deposits made until July 31.

It's that simple.

Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license. Forward Banking is a registered trademark of Tangerine Bank. * To qualify for the Bonuses available under the Tangerine $150 Offer and the Tangerine Savings Interest Rate Offer, Clients must meet the Offer requirements as set out at **Tangerine.ca/bonus150**.

It's time to revive the planking craze

This recipe serves four. LORELLA ZANETTI

Cedar Planked Salmon with Maple Glaze. This fish makes a perfect partner for the barbecue and contains healthy fats

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

When it comes to summertime cooking, the barbecue is the easiest, most enjoyable and social way to cook.

Salmon is my number one fish for the "barbie," but cooking it on a cedar plank is so much more flavourful.

You can purchase the thin wooden planks in your grocery store where fish are sold. Soak them in water for at least 20 minutes to prevent burning. For an alternative cooking option, feel free to bake your salmon in 425 F oven for 10 minutes per each inch of thickness.

I prefer to use organic salmon as a precaution against mercury and other pollutants that can be in our fish.

Salmon, a fatty fish, is an excellent source of omega-3 fatty acids. It's proved to be beneficial in the treatment of osteoarthritis, cardiovascular health and in decreasing the risk of macular degeneration.

I also use the maple syrup sauce over grilled chicken, pork or tofu.

Ingredients

- 1/4 cup pure maple syrup
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- Four 4-oz skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley

Directions

1. Preheat barbecue to 425 F and either spray a cedar plank or grill with vegetable oil.

2. Whisk maple syrup, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook the mixture over medium heat until thickened and smooth, about 2 minutes. Remove from heat. If too thick, add water.

3. Place salmon, skin-side down, on plank or grill. Brush top half of salmon with some sauce. Sprinkle with sesame seeds. Cover grill and cook 10 minutes per inch of thickness or until the fish flakes easily when pierced with a fork.

4. Garnish the finished salmon with cilantro and serve on the cedar plank with the remaining sauce on the side.

FLASH FOOD

From your fridge to your table in 30 minutes or less

EASTSIDE KIA.CA
CALGARY'S KIA SUPERSTORE!
ENTER TO WIN!!
$2500
PURCHASE A VEHICLE AT EASTSIDE KIA BETWEEN NOW AND JULY 31ST AND BE ENTERED TO WIN!
ONE WINNER ONLY!!
PLUS!
NO CHARGE REMOTE START WITH EVERY PURCHASE!
EXCLUSIVELY AT EASTSIDE KIA

OFFER ENDS JULY 31ST
KIA NO BULL PRICING
0% FINANCING UP TO 84 MONTHS AND CASH BONUS UP TO $4,000 ON SELECT MODELS

2014 RIO LX PLUS AUTO
STK #415026
OWN IT FROM $18,380
CASH SAVINGS <$2000>
CASH PURCHASE PRICE $16,380
$98/BW 84 MONTHS 0 DOWN OR

2015 SORENTO LX
STK #590281
OWN IT FROM $28,660
CASH SAVINGS <$2,750>
CASH PURCHASE PRICE $25,910
$162/BW 84 MONTHS 0 DOWN OR

2014 SPORTAGE LX AUTO
STK #630732
OWN IT FROM $29,560
CASH SAVINGS <$2,000>
CASH PURCHASE PRICE $27,560
$165/BW 84 MONTHS 0 DOWN OR

2014 KIA OPTIMA LX
STK #512110
OWN IT FROM $26,160
CASH SAVINGS <$3,000>
CASH PURCHASE PRICE $23,180
$140/BW 84 MONTHS 0 DOWN OR

2014 RONDO LX
STK #009672
OWN IT FROM $23,460
CASH SAVINGS <$5,000>
CASH PURCHASE PRICE $18,460
$137/BW 0 DOWN OR

QUICK CREDIT APPROVAL CHECK US OUT AT www.eastsidekia.ca

CATRIONA LEMAY-DOAN
THANK YOU CALGARY
FOR MAKING US THE #1 VOLUME DEALERSHIP TWO YEARS RUNNING IN SOUTHERN ALBERTA FOR 2012 & 2013

EASTSIDE KIA.CA
2256 23rd St NE
403-306-0361
TOLL FREE: 877-575-6418

All financing is OAC. 14 Forte financed at 0% - 84 months, 14 Rio financed at 0.99% - 84 months, 14 Optima financed at 0.99% - 84 months, 15 Sorento financed at 2.59% - 84 months, 14 Sportage financed at 1.99% - 84 months, and Rondo financed at 0% - 60/84 future value financing. Prices include all fees and dealer added accessories, but not GST. Vehicles may not be exactly as illustrated. Eg. Cost of borrowing on 14 Rio at 0.99% would be $605.

5 WE'VE GOT YOU COVERED
mobility PROGRAM
CERTIFIED PRE-OWNED
KIA The Power to Surprise

Post to present: A new era of etiquette

Post with the most.
A family business built on a foundation of good form

LAKSHMI GANDHI
Metro World News

Emily Post made a name for herself in the early 1900s as a world-renowned expert on etiquette and manners, advising readers on everything from making polite conversation to the right way to host an afternoon tea.

Several generations later, her descendants are continuing her legacy with a 21st century twist — by advising people on life in the digital age.

The family has just released the third edition of their book Emily Post's The Etiquette Advantage in Business.

While it's been less than a decade since the last book was released, the Posts say that because the business world has changed so rapidly in recent years, it can be tough to navigate it all.

"It's kind of unbelievable the leaps and bounds we have made in just the last few years and how much digital usage has increased," says Lizzie Post, Emily's great-great-granddaughter. We asked Post for her take on several modern social media dilemmas many of us face in the workplace.

Lizzie Post, great-great-granddaughter of Emily Post, is providing Ps and Qs training to today's professionals. HANDOUT

To friend or not to friend?
When it comes to Facebook, think hard about whether you want to add your co-workers. "While typically most of us have always bonded with our co-workers, it's really different today," Lizzie Post points out. "Previously, it was very controlled in what you allowed your co-workers to see [in your life outside of work]. But now you are not just letting them see your photos, you are also letting them see the conversations you are having with other people."

Post notes that letting someone into your personal online space is a private decision and reminds everyone that they are in charge of the process. "You have to decide what works for you," says Post. "You can always tell a co-worker, 'I had to make a decision and I decided not to mix my work and personal lives.'"

Should you accept that LinkedIn request?
With the popularity of LinkedIn, it's common to get all sorts of connection requests from everyone from elementary school friends to your neighbours. "I don't respond to people on LinkedIn that I don't know well or that I haven't worked with closely," says Post of her own personal policy. "For people like high school friends, unless I know your work, I decline the request."

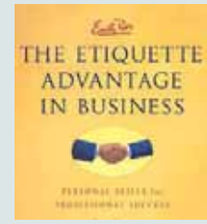
What if you really don't want to write that LinkedIn recommendation?
"I don't recommend friends," says Post. "It's one thing to be friends with you, but that doesn't mean that I know how you work. With endorsements, it's a bit different. If I have seen your blog and have read your book, then I feel like I can do it."

Post says to remember that saying no is always an option.

Success on the screen

Ask yourself what impression you are making online

- "Google yourself," suggests Post to see what others see when they search for you. Are there public posts of you drinking or partying? Post says you may want to erase those, but that it's ultimately up to you to decide what's important to you. "Are you going to let your career dictate your online persona or are you the type of person that is going to say, 'No, this is who I am and I am going to find a position where this isn't going to matter?" Post asks.



ROBERTSON COLLEGE
Do you enjoy helping others make travel plans? Become a **Travel Counsellor**. 10 month program.
Get information today! *Classes start August.*
587.794.4459 | www.robertsoncollege.com

GO FROM WORKING IN HEALTH CARE TO PLAYING IN HEALTH CARE.
Recreation Therapy Aide Certificate
Play can sometimes be the best medicine. As a Recreation Therapy Aide, you will improve the lives of clients in a variety of settings including hospitals and assisted living homes, through activities like sports, dance, board games, music, and crafts.
Call: 587-390-6280 bowvalleycollege.ca/rectherapy
BOW VALLEY COLLEGE

Give your intellect a little extra exercise

From site to skill. Beat summer brain drain with these five sites that will help you to use your cranium

LAKSHMI GANDHI
Metro World News

Hazy, hot and humid summer afternoons have often been used as the perfect excuse to procrastinate. But summer can be a great time to learn a new skill. Here are some easy and fun ways to do so.

Learn the ins and outs of the stock market

The new online investing platform Kapitall is designed for those who are just starting to get into the world of finance. Founded by veterans of the finance and tech worlds and a video game designer, Kapitall allows users to set up a virtual stock portfolio. Utilizing virtual money, users can practice trading stocks, take lessons, and compete tournament-style against other users.

"There are many that would say that the market is a game, but we're not trying to say that," says Kapitall's CEO Jarett Lilien. "But if you look at games, games should be approachable to those who are new to it."

Many people think that the markets are extremely hard to understand, Lilien continues. "There are a lot of barriers to entry and the problem is that they are intimidating to access as a newbie," he says. "We really try to target a mindset, and that's somebody who wants something that's less intimidating."

More advanced users can use the software to create a real portfolio.

Become bilingual

Are you sad you've lost all of your high school Spanish or French? The free program duolingo.com lets aspiring students study French, Spanish, Italian and Portuguese with a variety of games and quizzes.

Read the classics

If you are looking for something a bit more intellectually heavy than the stereotypical summer beach read, thousands of classic books are available to download for free. Sites like Project Gutenberg and classicreader.com make it easy to access great works of literature.

Join a book club

The New York Times recently noted that about 5 million Americans are currently in a book club. It's a great way to both get exposed to different authors and ideas and to make new friends. Search on meetup.com for clubs that cover everything from books on entrepreneurs to LGBT issues.

A professional plus

- Lynda.com offers hundreds of courses and online tutorials on everything from video editing, photography and design. Use it to learn programs like Photoshop or Final Cut Pro.

Hosting a book club is a great excuse to both see your pals and use your smarts. ISTOCK

NEW EVENING & WEEKEND PROGRAM OFFERED

BECOME A HEALTH CARE AIDE

A GREAT SCHOOL FOR A REWARDING CAREER!

IN LESS THAN 5 MONTHS!

11 CERTIFICATE PROGRAM INCLUDING
- Government of Alberta Health Care Aide
- St. Johns Ambulance [First aid, CPR, Automated External Defibrillator]
- Supportive Pathways, Foot Care, Diabetes, Medication Administration, Food Safe, WHIMIS, Palliative Care
- 3 Clinical Placements [Hospital placements available]

"Thank you ABES for making my dream come true, for all the support and encouragement. I'm now working and enjoying my new career."
- ABES HCA Graduate

CALL TODAY 1.888.593.7025

Abes
www.abes.ca

WE ARE HIRING
Baristas and shift supervisors for **Calgary and Red Deer** locations.

Apply online at starbucks.ca/careers

Must have availability
Mon-Fri, 5:30am-5:30pm

GREAT PLACE TO WORK Best Workplaces 2014 Canada

Starbucks is an equal opportunity employer committed to hiring a diverse work team.

4 SPORTS

Tennis

Wozniacki does best to match former fiancee

Caroline Wozniacki overpowered second-seeded Roberta Vinci 6-1, 6-1 Sunday to win the Istanbul Cup final and clinch her first WTA title of the year and 22nd overall.

The top-seeded Dane needed only 67 minutes against the 24th-ranked Italian.

Wozniacki won 76 per cent of points on her first serve — compared to just 43 per cent for Vinci — and also saved all six break points against her at the hard-court Koza World of Sport Complex.

"I served well and pushed her around the court," said Wozniacki, who won all seven of her service games.

Now ranked 15th, her victory in Istanbul came just hours before golfer Rory McIlroy won the British Open by two strokes at Royal Liverpool.

After getting engaged to Wozniacki on New Year's Eve, McIlroy broke off the engagement in May with a telephone call. About a week after, Wozniacki exited the French Open in the first round. THE ASSOCIATED PRESS

Caroline Wozniacki returns a shot against Roberta Vinci at the Istanbul Cup final on Sunday. THE ASSOCIATED PRESSX

Boy Wonder is back

Third youngest. At 25, Rory McIlroy safely wins the British Open

Rory McIlroy of Northern Ireland holds the Claret Jug aloft after his two-stroke victory at the 143rd Open Championship at Royal Liverpool on Sunday in Hoylake, England. TOM PENNINGTON/GETTY IMAGES

Walking off the 18th green as the British Open champion, Rory McIlroy kept gazing at the names of all the greats on golf's oldest trophy.

On the claret jug, his name is etched in silver below that of Phil Mickelson.

In the record book, he is listed behind Jack Nicklaus and Tiger Woods as the youngest to win three legs of the career Grand Slam.

And over four days at Royal Liverpool, he had no equal.

"I'm immensely proud of myself," McIlroy said after his two-shot victory Sunday that was never really in doubt. "To sit here, 25 years of age, and win my third major championship and be three-quarters of the way to a career Grand Slam … yeah, I never dreamed of being at this point in my career so quickly."

He had to work a little harder than he wanted for this one.

Staked to a six-shot lead going into the final round, McIlroy turned back every challenge. He made two key birdies around the turn, and delivered a majestic drive at just the right moment to close with a 1-under 71 and complete his wire-to-wire victory.

In another major lacking tension over the final hour, what brought The Open to life was the potential of its champion.

After nearly two years of turmoil, McIlroy looked like the kid who shattered scoring records to win the 2011 U.S. Open at Congressional, and who won the PGA Championship at Kiawah Island by a record eight shots a year later.

AUGMENTED REALITY

→ Scan the image with your Metro News app for a gallery of Sunday's action in Liverpool.

→ See the full instructions on Metro's Voices page.

metro AR

Boy Wonder is back. Or maybe he's just getting started again.

McIlroy won by two shots over Sergio Garcia and Rickie Fowler to become the first start-to-finish winner since Woods at St. Andrews in 2005. Even with one major left this year, the Northern Irishman already is looking ahead to Augusta National next April for a shot at the slam.

"I've really found my passion again for golf," McIlroy said. "Not that it ever dwindled, but it's what I think about when I get up in the morning. It's what I think about when I go to bed. I just want to be the best golfer that I can be. And I know if I can do that, then trophies like this are within my capability."

McIlroy put an end to this major with a powerful drive down the fairway at the par-5 16th, setting up a two-putt birdie to restore his lead to three shots. He finished with two pars, tapping in for par on the 18th green.

The hard part was trying not to cry when his mother, Rosie, came onto the green with tears streaming down her face. She was not at the other two majors. Before leaving, McIlroy turned and applauded the fans in the horseshoe arena who were witness to another masterpiece. THE ASSOCIATED PRESS

Money on McIlroy

25

Rory McIlroy was not the only winner at the British Open on Sunday. The BBC said McIlroy's father, Gerry, and three of Gerry's friends placed a combined bet of 400 pounds (now $645) in 2004 on McIlroy winning the British Open before he turned 26. McIlroy is now 25. The odds were 500-1, so the syndicate looks to collect 200,000 pounds ($322,789) now that McIlroy has lifted the claret jug.

100% APPROVAL RATING APPLY NOW AT CREDITCALGARY.COM

CREDIT CALGARY
Bad credit? No credit?
You're still approved.

OVER 1000 NEW VEHICLES AND OVER 500 USED VEHICLES TO CHOOSE FROM

SHAW GMC CHEVROLET BUICK

AMVIC LICENSED

BEST MANAGED COMPANIES

4520 Blackfoot Trail SE
Calgary, AB T2G 4G2 403-287-5974

Over 36,000 watch Jays 'come to life' to beat Texas 9-6

At Rogers Centre. Toronto takes series against the worst club in the majors

It was about as ugly a win as you can get.

Toronto starter Mark Buehrle fell trying to throw a pitch, balking in a run. Closer Casey Janssen didn't finish the ninth. Even Rogers Centre couldn't make up its mind, opening and then closing the dome.

But when the dust had settled, the Blue Jays had defeated the lowly Texas Rangers 9-6 Sunday, securing the series win over the worst club in the majors.

Cabrera gave Toronto a 6-5 lead when he sent reliever Neftali Feliz's third pitch of the day deep to centre field. It was the left-fielder's 12th home run of the season, delighting the crowd of 36,011.

Blue Jays pitcher Mark Buehrle
THE CANADIAN PRESS

One inning later, Munenori Kawasaki made it 7-5 with an RBI single after Toronto loaded the bases with one out on three singles. Then Cabrera slammed a single to right-centre to bring home Anthony Gose and Jose Reyes.

Toronto (51-48) has now won seven of the last eight completed series against Texas (39-59) at Rogers Centre.

Perhaps more importantly, the Toronto offence woke out of its slumber. The nine runs were the most by the Jays since they scored 14 on June 20 in Cincinnati.

Toronto, which had lost its last three series, also notched its first multi-homer game since July 2.

"We came to life today," said manager John Gibbons.

"I felt a little more energy in the dugout. The guys seemed a little more relaxed, some funny comments. They've been grinding it pretty hard lately. It's been wearing on them." THE CANADIAN PRESS

Double-headed Sunday

Sebastien Bourdais pulls out way ahead of the pack during his win in the first race at the Honda Indy Toronto on Sunday. Mike Conway won the day's second race. Heavy rain in Toronto on Saturday forced organizers to squeeze both races on Sunday. DAVID COOPER/TORSTAR NEWS SERVICE

NASCAR

Elliott holds off Bayne to secure third win

Chase Elliott is proving to be a quick study. A few questions for his teammates and a couple practice laps, and he was ready to roll in his first race at Chicagoland Speedway.

Elliott held off Trevor Bayne to earn his third Nationwide Series win of the season Saturday night, putting the rookie on top of the standings.

"We had an awesome race going," Elliott said. "I try to make the most of my practice laps. They gave me a good car. That gives me time to learn the track in practice."

Elliott had a strong car all day long for JR Motorsports, qualifying third and leading a race-high 85 laps. Bayne tried to chase him down on fresh tires in the final laps, but ran out of time.

"The gap was closing," Bayne said. "Probably 10 more laps, but we'll never know." THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Get tough with someone who has been giving you a hard time. People will respect you more if you demonstrate that you respect yourself.

♉ Taurus
April 21 - May 21
This is an important time for career matters. Being ambitious is not a sin and anyone who suggests that it might be is not to be trusted.

♊ Gemini
May 22 - June 21
You have enough work on your plate. The planets warn if you go beyond your limits, you will regret it later in the week when you don't have the energy for new opportunities.

♋ Cancer
June 22 - July 23
Someone is trying to make you feel guilty about something that wasn't your fault. You may be tempted to ignore it but if you don't counter their negative propaganda, your reputation could suffer.

♌ Leo
July 24 - Aug. 23
The more time you spend trying to work out what might go wrong over the next few days the less time you will have for making things go right.

♍ Virgo
Aug. 24 - Sept. 23
You may not be much in the mood for routine activities today but the planets insist that you make a serious effort to catch up on a backlog of jobs.

♎ Libra
Sept. 24 - Oct. 23
The planets warn that in some areas it might be wise to play safe and stick with what you know and trust. Creatively and romantically you have a lot to gain but also a lot to lose.

♏ Scorpio
Oct. 24 - Nov. 22
Don't hesitate to tell others what it you desire because someone might hand it to you. Stranger things have happened and will continue to happen over the next few weeks.

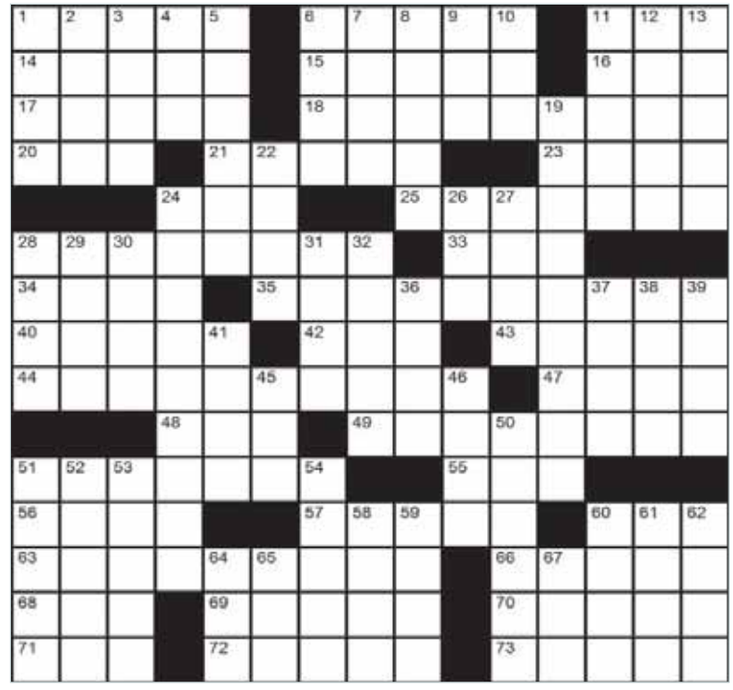
♐ Sagittarius
Nov. 23 - Dec. 21
You must be committed to what you are working on. If you are reluctant to get fully involved, others may decide they can do without you.

♑ Capricorn
Dec. 22 - Jan. 20
Don't run yourself into the ground doing things for others. Your energy supply is limited and must be saved for things that mean something to you.

♒ Aquarius
Jan. 21 - Feb. 19
Even the best of friends fall out occasionally. You will get the chance to kiss and make up later in the week and if you take it there will be no harm done.

♓ Pisces
Feb. 20 - March 20
If someone you trust offers you advice today you would be wise to listen. That applies to all areas of your life but especially to property matters, investments and financial issues.

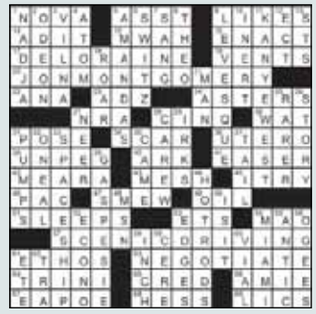
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. What a Canadian saying 'about' sounds like to the American ear
6. WWII threat in the North Atlantic
11. 'Computer' suffix (Techie jargon)
14. Bamboo eater
15. Louisiana dish
16. Global positioning fig.
17. Proctor __ (Kitchen appliance company)
18. PEI's __ Peninsula; or, the 'G' of GMT
20. Cathedral city
21. Norwegian dramatist Henrik
23. Prefix to 'scope'
24. Toy-made dessert, __-Cone
25. Some soft drinks
28. Canadian band, __ Rush
33. Fail to keep
34. Lang. of Rome
35. Three words heard as the race is just about to begin...
40. Cat-like
42. Hockey's Bobby
43. "Buzz off!"
44. Canadian movie, "Atanarjuat: The __ __" (2001)
47. Mystique
48. Belonging to the intl. org. based in NYC
49. Those using brooms
51. Exceeds
55. Promos
56. Ancient's "Awesome!"
57. Supermodel Ms. Campbell
60. Mafia
63. __ __ of Tara (Musical instrument on The Arms of Canada)
66. Shoes shade
68. Calif. NBA team
69. Major artery
70. Band of eight
71. Method [abbr.]
72. Wales language
73. React to nausea

Down
1. Church section
2. Jail money
3. Exclusively
4. Sort of tribute
5. Burdensome
6. Australian boots
7. Hockey great, Pavel __
8. Signs
9. Mr. Vigoda
10. Weight unit [var. sp.]
11. "The Untouchables" role, __ Ness
12. "__ bleu!" (Golly!)
13. Cultural standards
19. Major League Soccer team in Vancouver
22. Wild swine
24. English-French: 1945 Hugh MacLennan book, Two __
26. Use a crowbar
27. Singer, Diana __
28. Annoy
29. "I'll have _ __, please." (Dessert-time drink request)
30. Mr. Holbrook's
31. __ lights
32. Knitter's supplies
36. Sketched
37. Genuine
38. Actress Teri
39. Grannies: German
41. 007 foe in '62 [2 wds.]
45. Function
46. Staples purchase
50. Magazine bigwig
51. Trompe l'__ (Visual illusions)
52. Sunny emission, _ _ __
53. Works
54. Watchdog's warning
58. Fine pursuits
59. Moonfish
60. Combo dog
61. International oil gr.
62. ≠Ms. Behrs of "2 Broke Girls"
64. "Hee __"
65. Flat-bladed tool
67. Hotshot

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9				7		
		1	5		8	2		
7				2				3
	7	6	8		2	5	3	
	9	2	4		5	8	6	
8				5				1
		5	7		4	9		
		3				4		

Friday's Sudoku

3	1	9	4	8	2	5	6	7
2	4	6	5	3	7	8	9	1
5	7	8	6	1	9	3	4	2
9	6	1	3	2	5	4	7	8
8	2	4	1	7	6	9	3	5
7	3	5	9	4	8	2	1	6
1	5	3	8	6	4	7	2	9
6	8	7	2	9	3	1	5	4
4	9	2	7	5	1	6	8	3

THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile
metro

MR. KALLO
African Psychic Medium I can help you out of despair. Reunite lovers forever. Happy Marriage. Stop Divorce. Stress & depression Success in Business. Court Cases. Protection against evil Remove Bad Luck/Hopelesscases.
Call for Appointment:
403-457-6037

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: July 16th- 20th, 2014
Next Seminar: August 14th, 2014 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE

It's a pairing of epic proportions.

Nothing stacks up to the most HD entertainment and a FREE 40" Samsung Smart TV – only from TELUS when you switch to Optik TV™ and Internet for 3 years.*

Call **310-MYTV (6988)**,
go to **telus.com/freetv** or visit your **TELUS store**.

TELUS
the future is friendly®

TELUS STORES

Northeast
Country Hills Town Centre
Marlborough Mall
Pacific Place
Sunridge Mall
1353 32nd Ave. NE
2520 23rd St. NE
3012 17th Ave. SE

Northwest
Beacon Hill Shopping Centre
Market Mall
North Hill Centre

Southeast
Chinook Centre
Deerfoot Meadows
Shepard Centre
Southcentre Mall
1288 42nd Ave. SE
4410 50th Ave. SE
4825 Macleod Trail S
6039 Centre St. S
6100 Macleod Trail S
7845 Flint Rd. SE

Southwest
Bankers Hall
Bow Valley Square
The Core
Shawnessy Shopping Centre
Westbrook Mall
Westhills Town Centre
321 6th Ave. SW
2008 33rd Ave. SW
4623 Bow Trail SW

Airdrie
2145 Summerfield Blvd.

Cochrane
201 Grand Blvd. W

Okotoks
31 Southridge Dr.
118 Elizabeth St.

Rocky View County
CrossIron Mills

Strathmore
55 Wheatland Trail

*Offer available until July 28, 2014, to residential customers who have not subscribed to Optik TV or Internet in the past 90 days. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. TELUS reserves the right to modify channel lineups and packaging, and regular pricing without notice. Cannot be combined with other offers. Offer not available with TELUS Internet 6. HDTV-input-equipped television required to watch HD. A retail value of $689, based on the manufacturer's suggested retail price, plus a 2 year extended warranty, provincial government eco fees and shipping. Cancellation fee will be $19 multiplied by the number of months remaining in the term, plus applicable taxes. TELUS reserves the right to substitute an equivalent or better product without notice. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. TELUS, the TELUS logo, Optik, Optik TV, telus.com and the future is friendly are trademarks of TELUS Corporation, used under licence. Samsung and the Samsung logo are trademarks or registered trademarks of Samsung Canada. All other trademarks are the property of their respective owners. © 2014 TELUS.